

COVID 19 Resources for Saratoga County

Updated 3.20.2020

Saratoga County COVID-19 Hotline: 518-885-2276

New York State COVID-19 Hotline: 1-888-364-3065 (Available 24/7)

Basic Needs:

Food Resources:

- Visit the Saratoga Chamber website for info on delivery and take out in Saratoga ([Click Here](#))
- Visit the Ballston Spa Business & Professional Association Facebook for info on delivery and take out in Ballston Spa ([Click Here](#))
- For information about school meal access please see your school's info below. If you have questions, please contact your school directly.

Ballston Spa	Saratoga Springs
Burnt Hills Ballston Lake	Schuylerville
Corinth	Shenendehowa
Edinburg Common School	South Glens Falls
Galway	Stillwater
Hadley-Luzerne	Waterford-Halfmoon
Mechanicville	

Internet:

- Spectrum is offering free internet to students and those in need ([Click Here](#))

Childcare for Essential Healthcare Workers and First Responders:

- Contact your local school district for assistance with childcare if needed.

Hotlines/Warm Lines:

- National Domestic Violence Hotline: 1-800-799-7233
- Wellspring Domestic Violence Hotline: 518-584-8188 or visit their website www.wellspringcares.org for an online chat hotline.
- National Suicide Prevention Lifeline: 1-800-273-8255
- Crisis Text Line - text GOT5 to 741741 to connect with a crisis counselor

- SAMHSA's Disaster Distress Helpline: 1-800-985-5990 or Text TalkWithUs to 66746 SMS
- NYS Department of Health's Uninsured Care Program hotline 1-800-542-2437 or 1-844-682-4058

Financial Assistance, Paid Sick Leave, Unemployment Insurance, etc.

Paid Sick Leave and/or Short-term Disability Benefits:

- If you are subject to a mandatory or precautionary quarantine order, you may be eligible for temporary federal or New York State paid sick leave with job protection and/or short-term disability benefits. Talk to your employer. If your employer is uncertain, call the NYS Paid Family Leave Helpline at 844-337-6303.

Unemployment Insurance:

- Unemployment insurance for people out of work due to COVID-19 closure or quarantines is available without the typical 7-day waiting period. Contact the NYS Department of Labor at <https://labor.ny.gov/unemploymntassistance.shtm>

Mortgage Relief:

- For anyone unable to meet their mortgage payments due to COVID-19, contact your mortgage lender to learn about the 90-day relief available to New York State residents.

Bank Fee Waivers:

- During the COVID-19 crisis, NYS is requiring banks to waive ATM fees, late fees, overdraft fees, etc.

Utilities:

- The rule permitting utilities to discontinue service after non-payment of 180 days if nonpayment is a result of COVID-19 has been waived. For more information, contact the NYS Public Services Commission <http://www.dps.ny.gov/>

IRS Tax Filing:

- The federal tax filing deadline remains April 15, 2020. However, the payment deadline has been extended until July 15, 2020. Learn more, [Click here](#).

Health Insurance/ Healthcare Costs:

- COVID-19 testing is now available at no cost to the individual (no co-pays for those with insurance and no charge for the uninsured).

Talking to Kids about COVID-19

- A Just for Kids: A Comic Explaining the New Coronavirus from NPR, [Click here](#).
- Child Mind Institute: Talking to Kids About the Coronavirus, [Click here](#).
- PBS Kids: How to Talk to Your Kids About Coronavirus, [Click here](#).
- Brain Pop Video: Coronavirus, [Click here](#).

Coping Strategies:

• Coping Strategies For Adults:

- Coping and distraction techniques & ideas, [Click here](#).
- Guided Meditation for Sleep - Body Scan Technique, [Click here](#).
- Mindfulness Breathing, [Click here](#).
- 12 Minute Bedtime Yoga, [Click here](#).

• Coping Strategies For Kids:

- Kids Meditation – Square Breathing, [Click here](#).
- Kids Breathing w/ Glitter jar technique, [Click here](#).
- Cosmic Kids Yoga YouTube channel, [Click here](#).
- Kids Activities, [Click here](#).

• For Those Experiencing Grief:

- TED Talk: we don't "move on" from grief. We move forward with it, [Click here](#).
- Grief blog: www.modernloss.com
- Apps:
 - PTSD coach (IOS or android) - gives education about PTSD and tools for managing each distressing symptom as well as links to crisis if needed
 - Mood coach (IOS only) education about depression, PTSD and behavioral activation. Good for both depressive symptoms and ways to find self-care activities!
 - Calm (breathing, sleep stories, meditation- the free version has a good amount
 - Mindfulness Coach- Leaves on a Stream meditation
 - Stop, Breathe, & Think- breathing strategies

For Those in Recovery: (online 12 step meetings)

- One-on-One Peer Support for individuals in recovery or their families is available from Healing Springs Recovery Community & Outreach Center at 518-306-3048
- Virtual (Zoom) meetings offering sober social activity through Healing Springs Recovery Community & Outreach Center are being held daily (see the calendar and how to access the meetings on their Facebook Page).
- Virtual/online meetings for Alcoholics Anonymous, Heroin Anonymous, and other addiction support groups are generally available through their home pages. Alternatively, online meetings are also available through <https://www.intherooms.com/home/>
- For substance use treatment and referral: SAMHSA's National Helpline Toll-Free: 1-800-662-HELP (24/7/365 Treatment Referral Information Service in English and español) Website: <http://www.samhsa.gov/find-help/national-helpline>

Virtual Entertainment:

- Monterey Bay Aquarium has live web cams, [Click here](#).
- San Diego Zoo has live web cams, [Click here](#).
- National Gallery of Art, Washington D.C. is offering two online exhibits, [Click here](#).

Physical Activity:

- NYS is temporarily waiving all park fees in state, local and county parks.
- "Saratoga County Virtual Workout" - every day at 6a.m., Saratoga County Chamber of Commerce intends to post a virtual workout from a local fitness provider (15-30 minutes). <https://www.saratoga.org/>
- Virtual YMCA workouts: <https://srymca.org/virtual-ymca>